

Ahlam Abuawad, MPH

Aka2170@cumc.columbia.edu

EDUCATION

- 2022 **Columbia University Mailman School of Public Health**, New York, NY
Ph.D. candidate in Environmental Health Sciences
- 2017 **University at Albany, School of Public Health**, Albany, NY
MPH - Concentration in Environmental Health Sciences
- 2015 **University at Albany, State University of New York**, Albany, NY
B.S. in Biology, Summa Cum Laude
B.A. in Chemistry
Minor: Mathematics
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HONORS AND AWARDS

- 2017 Delta Omega Public Health Honor Society, Alpha Gamma Chapter Inductee
- 2017 William Randolph Hearst Fellowship Recipient
- 2017 President's Award for Leadership: Academic Leadership Award
- 2015 23rd Annual CSTEP Conference First Place Oral Presentation in Technology
- 2013 - 2015 Dr. Seth W. Spellman Jr. Academic Achievement Award
- 2012 Be Semi: Afro-Latino Scholarship Recipient (MALIK Fraternity, Inc.)
- 2011 - 2015 Dean's List Recipient
- 2012 President's Award for Leadership: Great Dane Award
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PROFESSIONAL ORGANIZATIONS, SOCIETIES and SERVICE

- 2011 - 2017 Collegiate Science & Technology Entry Program (CSTEP) Member
- 2011 - Present Five Quad Volunteer Ambulance Service (VAS) Member
- 2011 - 2015 Presidential Honor Society Member
- 2008 - Present Health Organizations Students of America (HOSA) Member
- 2008 - 2011 Key Club Member
- 2008 - 2011 Beta Club member
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RESEARCH EXPERIENCE

- 2015 - 2016 **University at Albany, School of Public Health**, Rensselaer, NY
Senior Research Assistant
Analyzed data for trends regarding the contaminant and nutrient concentrations of farmed and wild salmon.
- 2014 - 2015 **College of Nanoscale Science and Engineering**, Albany, NY
Intern
Performed enhanced dark field and light field microscopy to identify the biodistribution of nanoparticles in rat models.
- 2013 - 2014 **Pharmaceutical Research Institute**, Rensselaer, NY
Research Assistant
Monitored the influence of anticoagulants on the clotting time and strength of plasma and blood using aPTT and TEG assays, respectively.
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WORK EXPERIENCE

- 2017 **Collegiate Science & Technology Entry Program**, Albany, NY
Academic Adviser
Provided secondary academic counseling to underrepresented and minority students in the Science, Technology, Engineering, and Math (S.T.E.M.) and licensed professional fields, as well as supervised tutors, mentors, and support staff for efficiency in daily tasks.
- 2015 - 2017 Graduate Assistant
Developed and executed programs to promote student communication and excellence in their personal and academic lives as well as assisted students with cover letters, resumes, personal statements, and time management skills.
- 2012 - 2015 Tutor/Mentor
Assisted students with introductory biology, introductory chemistry, organic chemistry, and genetics coursework, and additionally guided students with academic issues as they attempted to acclimate to the collegiate environment.
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VOLUNTEER EXPERIENCE

- 2011 - 2015 **Five Quad Volunteer Ambulance Service**, Albany, NY
Driver/Emergency Responder/CPR Instructor/Corps Historian
Performed first aid procedures such as splinting, recording vital signs, back boarding, stair chair, Reeves, etc.
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SKILLS

Computer: Proficient in Microsoft Office Suite, SAS, R, and STATA

Language: Knowledge of basic Arabic and Spanish

Medical: CPR and AED instructor; First Aid, and EMT certifications

RESEARCH PRESENTATIONS

- Abuawad, A., Deschamps, K., M-Chari, V., & Mousa, S. A. (July 2013). Comparative anticoagulant efficacy and safety among different approved and emerging anticoagulant therapies. PowerPoint presented at the 19th Annual University at Buffalo Undergraduate Research Conference, Niagara, NY.
- Abuawad, A. Naeem, M., Eligwe, L., Elmetwally, A., Cui, H., M-Chari, V., & Mousa, S. A. (January 2014). Anticoagulant properties of Thymoquinone extracted from Black Seed. Poster presented at the Fourth Annual Albany College of Pharmacy and Health Sciences (ACPHS) Research Forum, Albany, NY.
- Abuawad, A., Deschamps, K., M-Chari, V., & Mousa, S. A. (April 2014). Analysis of the safety and efficacy of anticoagulants. Poster presented at the 22nd Annual Collegiate Science & Technology Entry Program (CSTEP) Statewide Student Conference, Bolton Landing, NY.
- Abuawad, A. Naeem, M., Eligwe, L., Elmetwally, A., Cui, H., M-Chari, V., & Mousa, S. A. (April 2014). Anticoagulant properties of Thymoquinone extracted from Black Cumin Seeds. Poster presented at the 18th Annual Biology Undergraduate Research Symposium, Albany, NY.
- Abuawad, A., & Brenner, S. (July 2014). NanoHealth & Safety Center: Investigation of nanoparticle biodistribution following inhalation exposure. PowerPoint presented at the 20th Annual University at Buffalo Undergraduate Research Conference, Niagara, NY.
- Abuawad, A., & Brenner, S. (April 2015). NanoHealth & Safety Center: Investigation of nanoparticle biodistribution following inhalation exposure. PowerPoint presented at the 22nd Annual Collegiate Science & Technology Entry Program (CSTEP) Statewide Student Conference, Bolton Landing, NY.
- Abuawad, A., Karimi, R., Carpenter, D., Purcell, K., & Feingold, B. (May 2017). Do farmed salmon have a more beneficial balance of nutrients and contaminants than wild salmon? Poster presented at the 26th Annual Student Poster Day, Rensselaer, NY.
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PUBLICATION

- Muralidharan-Chari, V., Kim, J., **Abuawad, A.**, Naeem, M., Cui, H., & Mousa, S. A. (2016). "Thymoquinone modulates blood coagulation in vitro via its effects on inflammatory and coagulation pathways." *Int. J. Mol. Sci.* 17(4): 474.